



Criteria Menu #3

Participate in the Utah Department of Health's Fruits & Veggies—More Matters® Grocery Store Tours or Albertsons *Healthy Eaters*™ Field Trip.



Definition: To complete this criterion students from your school must attend a Fruits & Veggies—More Matters Grocery Store Tours or Albertsons *Healthy Eaters*™ Field Trip.

Fruits & Veggies—More Matters Grocery Store Tours are available to third grade students. During the tour students go to various locations to learn about fruits and vegetables, where they can find them, and the importance of eating them. Schools may only visit stores trained by the Utah Department of Health or local health departments to complete this criterion. Contact your Local Health Department to schedule a tour. Bussing reimbursement through the Utah Department of Health is available for schools participating in the Fruits & Veggies—More Matters Tours.

Healthy Eaters™ Field Trips are available to students in kindergarten through 4th grade. During the tour students go to various sections of the store to learn how to make healthy choices. The field trip will help students develop and enhance skills in: healthy living and nutrition, good oral healthcare practices, physical fitness, and decision making. Visit www.fieldtripfactory.com to schedule a tour. Bussing reimbursement is not available for Healthy Eaters Field Trips.

Resources

Fruits & Veggies—More Matters Grocery Store Tours

Local Health Departments

Healthy Eaters™ Field Trips

www.fieldtripfactory.com



Assignments

School Coordinator Assignments

- Determine which tour your school would like to participate in
- Assist in scheduling visits to the store if needed
 - The stores can only accommodate one class at a time

Mentor Assignments

- If your school will be participating in a Fruits & Veggies—More Matters tour talk with your local health department to find a participating grocery store in the school's area
- Write a description for the mid-year and end-year reports



Criteria Menu #3 Ideas

- Use both tours...send third graders on the Fruits & Veggies—More Matters tour and fourth graders on the Health Eaters Field Trip
- Teach the importance of fruits and vegetables before the tour (use the Grocery Store Tour Packet teachers receive after signing up for the Fruits & Veggies—More Matters tour) and review information learned after the tour
- Invite parents to attend the tour



Grocery Store Tours Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

The description must include...

- ☐ The name of the tour(s) the school participated in
- ☐ Dates of the tours
- ☐ The location of the store(s) the students visited
- ☐ How many classes went on the tour



Grocery Store Tours Description

All four third grade classes at Green Meadow Elementary participated in the Fruits & Veggies—More Matters Grocery Store Tours. The tours were held at the Wal-Mart on 4570 South and 4000 West. Tours were held on February 7, 14, 21 and 28. Third grade students toured the grocery store to learn where to find fruits and vegetables. They learned the importance of eating different colors of fruits and vegetables in order to get all of the nutrients they need.

